

# Food2You Catering - DINING MENU

July, August & September 2016

WEEK 1	7/18 8/15 9/12	7/19 8/16 9/13	7/20 8/17 9/14	7/21 8/18 9/15	7/22 8/19 9/16
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Breakfast</b>	Toasted Oats Fresh Bananas Organic Milk	Wheat Pancakes w/ Pear Puree Turkey Sausage Fresh Pineapple <sup>2</sup> Organic Milk	Scrambled Eggs Hash Browns Fresh Bananas Organic Milk	Wheat Bagels Turkey Bacon Fresh Honeydew Organic Milk	Zucchini Muffins Fresh Apples <sup>3</sup> Organic Milk
<b>Lunch</b>	Cheese Tortellini Marinara Sauce Peas & Carrots Fresh Bread Fresh Oranges <sup>2</sup>	Turkey Tacos Flour Tortillas Spanish Rice Green Beans Fresh Plums	Chicken & Cheese Roll-Ups Pasta Salad Cucumbers Fresh Cantaloupe	Asian Chicken Israeli Couscous Steamed Broccoli Fresh Watermelon	Cheese Pizza Green Beans Fresh Fruit Salad
<b>Snack</b>	Rice Cakes Cucumber Slices Organic Milk	String Cheese Fresh Apples <sup>3</sup> Water	Mediterranean Hummus Ciabatta Sticks Organic Milk	Spinach & Cheese Roll-Ups Organic Milk	Vanilla Yogurt Fresh Bananas Water
WEEK 2	7/25 8/22 9/19	7/26 8/23 9/20	7/27 8/24 9/21	7/28 8/25 9/22	7/1 7/29 8/26 9/23
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Breakfast</b>	Corn Flakes Fresh Bananas Organic Milk	Wheat French Toast w/ Applesauce Turkey Bacon Fresh Pineapple <sup>4</sup> Organic Milk	Sausage & Cheese Biscuit Sandwiches Fresh Bananas Organic Milk	Homemade Granola Vanilla Yogurt Fresh Honeydew Organic Milk	Poppyseed Muffins Fresh Apples <sup>3</sup> Organic Milk
<b>Lunch</b>	Grilled Chicken Wheat Penne Pasta Olive Oil & Parmesan Fresh Bread Peas & Carrots Fresh Oranges <sup>2</sup>	Sloppy Joes Wheat Bread Israeli Couscous Green Beans Fresh Peaches	Grilled Herb Chicken Sweet Potatoes Cauliflower Fresh Cantaloupe	Vegetarian Bean Burrito Bowl Cheese & Tortillas Steamed Broccoli Fresh Watermelon	Mac N' Cheese Green Beans Fresh Fruit Salad
<b>Snack</b>	Saltines String Cheese Water	Veggie Pasta Salad Organic Milk	Hawaiian Yogurt Salad Graham Crackers Water	Zucchini Bread Organic Milk	Soy Butter Fresh Bananas Water
WEEK 3	7/4 8/1 8/29 9/26	7/5 8/2 8/30 9/27	7/6 8/3 8/31 9/28	7/7 8/4 9/1 9/29	7/8 8/5 9/2 9/30
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Breakfast</b>	Puffed Rice Clusters Fresh Bananas Organic Milk	Wheat Waffles w/ Pear Puree Turkey Sausage Fresh Pineapple <sup>2</sup> Organic Milk	Scrambled Eggs English Muffins Fresh Bananas Organic Milk	Biscuits & Applesauce Turkey Bacon Fresh Honeydew Organic Milk	Banana Muffins Fresh Apples <sup>3</sup> Organic Milk
<b>Lunch</b>	Whole Wheat Rotini Marinara Meat Sauce Peas & Carrots Fresh Bread Fresh Oranges <sup>2</sup>	Chicken & Cheese Pasta Salad Wheat Bread Cucumbers Fresh Plums	Red Beans & Rice Grilled Chicken Cauliflower Fresh Cantaloupe	BBQ Chicken Breast Israeli Couscous Steamed Broccoli Fresh Watermelon	Chicken Quesadillas Spanish Rice Green Beans Fresh Fruit Salad
<b>Snack</b>	Graham Crackers Applesauce Water	Mediterranean Hummus Ciabatta Sticks Organic Milk	Homemade Granola Vanilla Yogurt Water	Apple Spice Bread Fresh Pears Water	String Cheese Fresh Bananas Water
WEEK 4	7/11 8/8 9/5	7/12 8/9 9/6	7/13 8/10 9/7	7/14 8/11 9/8	7/15 8/12 9/9
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Breakfast</b>	Toasted Oats Fresh Bananas Organic Milk	Wheat Pancakes w/ Applesauce Turkey Bacon Fresh Pineapple <sup>4</sup> Organic Milk	Sausage & Cheese Biscuit Sandwiches Fresh Bananas Organic Milk	Scrambled Eggs Hash Browns Fresh Honeydew Organic Milk	Spice Muffins Fresh Apples <sup>3</sup> Organic Milk
<b>Lunch</b>	Pasta Alfredo Grilled Chicken Fresh Bread Peas & Carrots Fresh Oranges <sup>2</sup>	Cheeseburger Egg Noodle Casserole Wheat Bread Cucumbers Fresh Peaches	Roasted Chicken Mashed Potatoes Cauliflower Fresh Cantaloupe	Teriyaki Chicken Egg Noodles Steamed Broccoli Fresh Watermelon	Grilled Cheese Sandwiches Green Beans Fresh Fruit Salad
<b>Snack</b>	Cucumbers & Ranch Wheat Pita Water	Saltines Mixed Bean Salad Organic Milk	Graham Crackers Fresh Apples <sup>3</sup> Water	Lemon Poppy Bread Fresh Oranges <sup>2</sup> Organic Milk	Soy Butter Fresh Bananas Water

Infant & toddlers fruit substitutions:

1 - Bananas, 2 - Peach Puree, 3 - Applesauce, 4 - Pear Puree

**\*\* ALL LUNCHES SERVED WITH 100% CERTIFIED ORGANIC MILK \*\***

**THIS MENU HAS BEEN REVIEWED BY A REGISTERED DIETICIAN**

